Life Domain Vision Tool | Caregiver Well-Being

Name of Person Completing: _____ **Date:** _____

On Behalf of: _____

Life Domain	Key Questions to Consider	Vision and Needs of the Caregiver	Vision and Needs of the Person Receiving Care	Notes and Next Steps
Daily Life & Employment	• How do you want to spend your days? • What do you want for your job/career and how do you need to be supported to communicate with your employer? • Do you have the funds you need for regular expenses?			
Community Living	• Where do you want to live and what do you need in your home to make that possible? • Where do you want to go/be involved in your community? • How can/will you get to where you want/need to go?			
Social & Spirituality	• What relationships and social connections are important? • Do you have enough people you feel close to? • Are there faith-based/spiritual communities you are (or want to be) a part of and/or who provide support?			
Advocacy & Engagement	• How do you have control over your own life? • How do you best make decisions? • Where do you get trusted information and/or other supports to make decisions? • Are you interested in advocating for policy and legislative changes?			

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Healthy Living	• How do you maintain your physical health (fitness, nutrition, preventative care, etc.)? • How do you maintain your emotional health (managing stress, addressing sadness or anxiousness)?			
Safety & Security	• How do you stay safe from financial, emotional, physical or sexual harm? • What have you considered/ discussed related to decision-making supports? • Do you have legal documentation of final wishes, distribution of assets, etc.?			
Supports for Family	• How do you define family/who is your family? • How do you/will you maintain family connections and relationships? • What are important traditions and family routines you want to maintain?			
Supports and Services	• From whom/where do you receive support (or want to)? • Do you have a back-up and/or emergency preparedness plan? • What do you want to know more about or need to understand?			